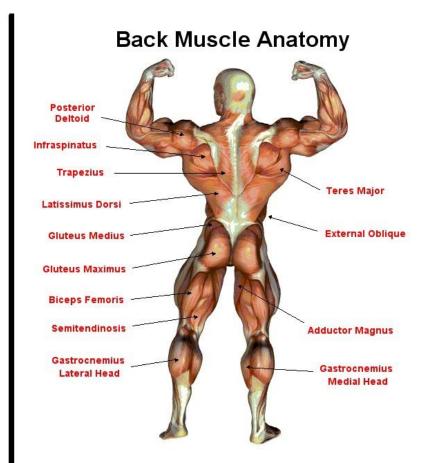


# **High Intensity Body Part Specialization Workouts**

## Frontal Muscle Anatomy





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# **Note:**

Before beginning any exercise schedule, gets your doctor's approval indicating that you will be able to withstand the stress of a weight-lifting program.

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## **Muscle Specialization Training**

Everyone has some weak point in their physique, a lagging body part that refuses to respond to our regular workouts.

When working on rapid growth for a specific muscle, you can't just do the same old workout routines that you have been doing.

Albert Einstein once said, "doing the same thing over and over again and expecting different results, is insanity".

Ok, so you need a totally different approach to bring up lagging muscle groups, you need to use muscle specialization training.

Here are a few rules that will help you when using a body part specialization workout program:

- 1) Work your weakest body part first in your workout when your energy levels are highest. Let's say you have small calves, rather then doing a few sets of calf work at the end of your workout, blast your calves when you first get to the gym before you do anything else.
- 2) Increase both the volume and intensity you use on your lagging body part. Most people do a lot of work for their favorite muscle groups such as arms and chest but then do a few lazy sets as an afterthought for muscles like back, calves, etc. Instead of this you should add more sets and exercises and work them as hard as you can.
- 3) Work a lagging body part more often. Most people these days work a muscle group only once a week, but if want to bring up a weak muscle you will have to train it 2 to 3 times a week for a few weeks or so.
- 4) Conserve your energy. You can't expect your body to give you super fast muscle growth in all body parts all the time, so the best thing when using muscle specialization training is to reduce the intensity, volume and frequency of your other body part workouts to just enough to maintain their current size. Then when you have added size to the weaker muscle group you can go back to working everything hard again.

# **High Intensity Arm Workout**

#### **Biceps**

Barbell Curl for 8 to 12 reps With no rest do Palm Up Chins or Pulldowns for 6 to 10 reps Rest for 2 minutes and do Preacher curls for 8 to 12 reps

#### **Triceps**

Triceps Pushdowns for 8 to 12 reps With no rest do Dips for 6 to 10 reps Rest for 2 minutes and do Lying Triceps Extensions for 8 to 12 reps

Week 1 do 1 set each Week 2 do 2 sets each Week 3 do 3 sets each Weeks 4 & 5 do 1 set each

## **High Intensity Back Workout**

Barbell or Machine Pullover for 8 to 12 reps
With no rest do Barbell Rows for 6 to 10 reps
Rest for 2 minutes and do
Close Grip Palm Up Pulldowns for 8 to 12 reps
Rest for 2 minutes and do
Barbell Shrugs for 8 to 12 reps
With no rest do Upright Rows for 6 to 10 reps

Week 1 do 1 set each Week 2 do 2 sets each Week 3 do 3 sets each Weeks 4 & 5 do 1 set each

# **High Intensity Chest Workout**

Pec Deck or Dumbbell Flyes for 8 to 12 reps With no rest do Incline Bench Press for 6 to 10 reps Rest for 2 minutes and do Dips for 8 to 12 reps

Week 1 do 1 set each Week 2 do 2 sets each Week 3 do 3 sets each Weeks 4 & 5 do 1 set each

## **High Intensity Leg Workout**

Leg Extensions for 8 to 12 reps
With no rest do Leg Press for 6 to 10 reps
Rest for 2 minutes and do
Barbell Squat for 8 to 12 reps
Rest for 1 minute and do
Leg Curls for 8 to 12 reps
Rest for 1 minute and do
Standing Calf Raise for 12 to 15 reps
Rest for 1 minute and do
Seated Calf Raise for 12 to 15 reps

Week 1 do 1 set each Week 2 do 2 sets each Week 3 do 3 sets each Weeks 4 & 5 do 1 set each

# **High Intensity Shoulder Workout**

Dumbbell Lateral Raise for 8 to 12 reps With no rest do Barbell Press Over Head for 6 to 10 reps Rest for 2 minutes and do Bent Over Dumbbell Rear Lateral Raise for 8 to 12 reps

Week 1 do 1 set each Week 2 do 2 sets each Week 3 do 3 sets each Weeks 4 & 5 do 1 set each

Do this workout 2 to 3 times a week, for example Mondays and Thursdays or Mondays, Wednesdays and Fridays.

Train hard and smart!

